



## Physical Activity, Physical Fitness, and Exercise Interventions for Preserving Human Health and Preventing and Treating Chronic Conditions across the Lifespan

Guest Editor:

**Dr. Alberto Soriano-Maldonado**

Department of Education,  
Faculty of Education Sciences,  
and SPORT Research Group  
(CTS-1024), CERNEP Research  
Center, University of Almería,  
04210 Almería, Spain

Deadline for manuscript  
submissions:

**closed (30 June 2021)**

### Message from the Guest Editor

Dear Colleagues,

Increasing physical activity levels globally is one of the most important public health goals for the 21st century. Physically active individuals present better sleep patterns, well being and quality of life, as well as better physical function and fitness levels. In addition, physical activity might stimulate brain function and improve both cognition and mental health. The risk of many chronic diseases is also reduced in physically active individuals, and physical activity might counteract the detrimental metabolic effects of long periods of sedentarism.

Physical fitness is a key marker of health not only in healthy individuals but in people with chronic conditions.

Exercise interventions represent the most efficient form of physical activity to enhance physical fitness and improve health outcomes at all ages and chronic statuses.

This Special Issue focuses on the influence of fitness and physical activity and the effects of exercise interventions, on human health- and disease-related outcomes.

Best regards,

Dr. Alberto Soriano-Maldonado

*Guest Editor*





an Open Access Journal by MDPI

## Editor-in-Chief

**Prof. Dr. Paul R. Ward**

School of Society and Culture,  
Adelaide University, Adelaide  
5001, Australia

## Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

*IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality peer-reviewed journal.

## Author Benefits

**Open Access:** free for readers, with article processing charges (APC) paid by authors or their institutions.

**High Visibility:** indexed within Scopus, PubMed, MEDLINE, PMC, Embase, GEOBASE, CAPlus / SciFinder, and other databases.

**Journal Rank:** CiteScore - Q1 (Public Health, Environmental and Occupational Health)

## Contact Us

---

*International Journal of  
Environmental Research and Public  
Health* Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
www.mdpi.com

mdpi.com/journal/ijerph  
ijerph@mdpi.com  
X@IJERPH\_MDPI